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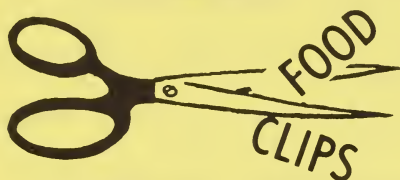




# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
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In This Issue:  
1 — Fertilizing your Soil  
2/3/4/ — On Growing Tiny  
"High Rise"  
Tomatoes

Enriched all-purpose flour contains sufficient protein to form an elastic framework that is delicate enough for cakemaking and strong enough for breadmaking.

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Whole-wheat flour is higher in fat than white flour—so, be sure that you store it in a cool place.

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Check the date! If you're using yeast—either dry granular or compressed check the package for dates because, for best results, the yeast should be used before the expiration date, warns home economists at the U.S. Department of Agriculture.

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What are "Hydrogenated fats"? Oils that are made solid by the addition of hydrogen. Emulsifiers are often added to help keep the fat particles evenly distributed in a mixture. These emulsifiers also help stabilize the batter until it is set by the heat of baking.

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Baking muffins? Don't overmix—the results would be poor texture...large holes and tunnels.

## ON MANAGING YOUR SOIL

And How To —

Want a vigorous lawn? Abundant flowers and tasty vegetables? You usually need to supplement nutrients by using mixed fertilizers. You need to provide the proper soil acidity, soil structure, and soil moisture—in addition to the proper fertilizer application according to the Agricultural Research Service of the U.S. Department of Agriculture.

Soil acidity may be adjusted by applying liming or acidifying materials. You can even control soil moisture by improving drainage, by irrigating—and, where practical, by applying mulches.

Your local county agricultural agent or State Extension agent can give you advice for gardening in your area. "Selecting Fertilizers" (HG89) booklet is available for 25¢ by writing to the Supt. of Documents, GPO, Washington, D.C. 20402.

## TINY TOMATOES

Space limited? You can still grow tomatoes this year — even if you're in a high rise apartment and only have a sunny window! Dr. H. Marc Cathey, horticulturist and chief of the Ornamentals Laboratory at the U.S. Department of Agriculture's Research Center, Beltsville, Maryland offers these tips on growing tomatoes:

1. Pick small-fruited or patio types like Small Fry, Tiny Tims, Red Cherry, and Fireball over the large-fruited, upright plants. You can plant several seeds directly into the container or buy the young plants from your garden store.
2. Use any container that will hold at least 2 quarts of growing media. (Otherwise, containers dry out so rapidly that daily care becomes extremely demanding.) You might even use plastic bleach bottles or gallon-size milk containers—if you provide drainage holes. For your drainage holes just use a nail to drive 3/8 inch holes spaced about 3 inches apart, near the bottom. Tie a cord or hemp bag around the container to make it an attractive hanging basket.
3. Use bagged growing media available in most variety and garden stores, or make your own by blending equal parts and vermiculite. Add to each bushel of mix 4 ounces of pulverized dolomitic limestone, 4 ounces of 20% superphosphate, and 2 ounces of 5-10-5 fertilizer. Mix thoroughly. Add water to bring moisture level up until media crumbles in large masses but is not soggy.
4. Line the bottom with 2 inches of coarse aggregate such as washed cinders, crushed rock, or shredded plastic containers. Drainage holes should be shielded with coffee filters to help hold the growing media in place until the new root system meshes into a solid mass. Be sure to leave air pockets to permit easy drainage of water out of the container. Cover top of aggregate with a 1/2 inch layer of finely crushed aggregate to prevent growing media from plugging up the drainage holes.



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FOR TINY SPACES

5. Fill containers up within one inch of top with moistened growing media. A 6 inch container is equal in volume to 2 quarts of mix. Water with a solution containing one-fifth the amount recommended for most house plants. Use the water fertilizer mix every time the plant needs water, throughout its entire lifetime.
6. In planting, hold the potted plant on side, with one hand protecting the plant. Tap gently until soil ball and plant fall out. Remove network of roots on bottom of soil ball. Dig a hole into which the soil ball will fit. The growing media of the soil ball and of the new container should be on the same level. With your hands, firm the soil ball and growing media to insure an immediate connection for water movement and knitting in of the root system.
7. In locating your tomatoes, remember that they need at least 6 hours of daily direct sunlight. This means you can hang your plant on a porch, in a window, or by an entrance to your home where for a part of the day the area is shaded. Tomatoes grown in too much shade develop long, poorly-branched shoots with few if any flowers and "fruits". They are adapted to bright sunny places with rapidly-moving air and, in these situations, they develop stout highly-branched shoots with abundant fruiting.
8. When you water the plant, continue to add water until all parts of the growing media are thoroughly moistened and excess water is beginning to drip from the drainage holes. Note how much water you added and apply the same amount next time.
9. The plant must be acclimatized or trained to survive in its location for most abundant fruiting. You achieve this by controlling the watering and fertilizing. Watch the plant when it has been freshly planted; wait to water until leaf color changes from a dark to pale green and feel as if they are beginning to wilt.

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TINY TOMATOES      con't.

Then water throughly but keep the water off the leaves. Wait to water again when the plant begins to wilt. This treatment slows growth and helps the plant survive sudden changes in the environment. To supplement the fertilizer in the growing media, add a complete, water-soluble fertilizer at weekly intervals to the water at one-fifth the concentration recommended fro house plants.

10. In grooming the plant——pick off the yellowing or damaged leaves and flowers. As the plant develops, remove some branches to prevent crowding and to promote development of new flowering shoots. Turn the container at weekly intervals to expose all sides to the environment Your plant will develop more symmetrically and balance out the effects of different exposures.

The bonus for all this effort? Vine-ripened tomatoes in 45 to 65 days —— plus the fun of showing your friends your "highrise" tomatoes.

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NOTE:

Request for photographs for the news media may be obtained free from the Photography Division, Office of Communications, U.S. Department of Agriculture, Washington, D.C. 20250 Please give date of Food and Home Note release.

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